



The Newsletter of the Hill Country Bicycle Touring Club

A Recreational Club for Central Texas
<http://www.hcbtc.org> - mail@hcbtc.org

Vol 4, No.1 - January-February 2003

PRESIDENTS'S MESSAGE

To reflect on the year 2002... with the big floods a club member lost their home last summer, some were over come with major illnesses, others lost a loved one. As we keep them in our thoughts and prayers we see them withstand the fears, hopelessness and defeats as they rise again to face the year 2003 with hope, gratitude, and friends.

What a fantastic year we had filled with club activities. We kicked off the year with our **1st Annual HCBTC New Years Day ride** from Leon Springs with a high of 34 degrees, 15 riders, frozen limbs, and a good old fashion barbecue at Rudy's after the ride. Jackie Jeys led our **monthly Mission rides**, we had our **Annual Century Ride** in the early spring, and did a **weekend ride in Historic Goliad**. In May we sponsored a "**Kids Bike Safety Day**" at one of the local elementary schools. Fifty (50) children participated in the in-class room instruction by one of San Antonio's best bike patrol officer, and rode several obstacle courses that challenged the young riders. Chris Marsh had organized a seven-day biking tour on the **Katy Trail in Missouri** in June; participating riders had great reviews, and stories to tell. Y2002 was the first year our club had put a 10-person team together for the **MS150**; club members, friends and families supported this effort by donating their time and money for this worthwhile cause. Our **3rd Fredericksburg Fall Foliage Frolic** was a great success, thanks to the good weather (lots of prayers) we had 160 riders participating. Food was plenty and delicious prepared by our personal HCBTC Chefs.

This is just to mention a few things we did in 2002, there were too many rides, picnics and parties going on, to mention them all. As you can see we had a busy year, and without the teamwork of our club members, and the support of San Antonio's local bike shops we would not have been able to put together such an agenda, and have fun as well. Which brings me to say "**THANK YOU**" to each and every one of you who have spend endless hours in making **OUR Club What It Is Today!** It is my belief that it is the people who make a club, it is the members who decide what to do, how to do it, and mostly it is the members who make it fun.

Your input, questions or concerns are welcomed, please contact me at Flynn@satx.rr.com or any of our club officers (check out our web-site under club officers).

I am looking forward to another great year of biking, meeting old & new friends. We have many plans for this coming year, weekend rides, a tour through the Hill Country etc.

Check out our website at www.hcbtc.org for our new on-line registration, rides, and what is going on at the Hill Country Bicycle Touring Club of San Antonio, Texas.

Remember biking is for everyone, no matter which age, gender or abilities. Hope to see you on one ride or another.

CLUB NEWS

Annual Christmas Party



The Annual Christmas Party was held on Saturday, December 14, at the home of Bill and Phyllis Terry.

Before the festivities began, a short meeting for the month of December was held. New President Heidi Lynn thanked 2002 officers for their service and remarked on the accomplishments of the club in the past year. Jackie Jeys was given a bouquet of flowers for her year of service to the club as the 2002 President. Thanks, Jackie for performing such a wonderful job.

Meeting highlights included the acceptance of online registration for members for membership, purchases, and registration for club events, such as the Fredericksburg Fall Foliage Frolic. In addition, ways of disseminating information at bike shops for potential new members was discussed as well as thoughts on how to define our HCBTC image. New officers for the upcoming 2003 year were voted on and accepted.

After the meeting, the party ensued, with lots of good food and cheer. The club provided barbecue, tamales, and soft drinks. Club members brought side dishes and desserts. The white elephant gift exchange was a huge success as several coveted gifts such as wine, chocolate and a Leatherman were passed through several hands before they were finally snatched.



Congratulations and Thank You to our 2003 Officers!

President- Heidi Lynn

Vice President- Mac McCormick

Ride Chair- Vern Jeys

Tour Director- Chris Marsh

Newsletter Editor- Phyllis Terry

Website Editor- Fernando Galdos

Treasurer- Jackie Jeys

Secretary- Isabel Mendoza

Thanks from our President Heidi Lynn

Hi to every one,

Hope your Christmas was everything you hoped for, and for those of you who traveled that all of you had a safe trip.

I want to THANK all our present Club Officers for all the hard work, and support you have given to our club in the past years. I know that a lot of time, effort, and yes money go into an organization to make things happen. I have seen you brain storm, plan, and schedule and follow through with many events. Without you, your families, your hard work and dedication things would not have happened. "People like you made our club what it is today". Some of you will stay on as officers (:>), and those of you who won't... don't think that-that will excuse you for not joining us on our rides, club meetings, and special events. Remember EVERY club member is important!!!

Have a Happy, Healthy and Eventful Biking year for 2003. Heidi

Monthly Meeting

The Annual Monthly Meeting for January will be held at Grady's Barbecue. We will eat at 5:00 p.m. and start the meeting at 5:45 p.m. Address: 7400 Bandera Road; phone -684-2899. Please check the website for information on the February meeting or e-mail or call Heidi Lynn; phone: 210-682-8107; email: Flynn@satx.rr.com.



-ADVENTURE CYCLING

CLUB RIDES

Wednesday, January 1st-2nd Annual HCBTC New Years Day Ride . 9:00am. Meet in the parking lot (former Albertson's) behind the Exxon station on Bandera Road and Loop 1604. We will ride about 30-35 miles towards Castroville. Group will ride around 12 mph. Plenty of rest stops, and few rolling hills. We will eat at Jim's after the ride. **Ride leader: Heidi Lynn**, ph# 682.8107 or flynn@satx.rr.com

Wednesday, January 1st-New Year's Day Party. Meet at 9835 Addersly at 5:00 p.m. for a **Club Birthday Party**. Bring your favorite snack and celebrate our club's 3rd birthday. Call Chris and Jan Marsh at 210-681-5768 or email: cmarsh@texas.net

Saturday, January 4th, Leon Springs Cake Ride . Meet at **9:00 a.m.** for a **30** mile ride at an **Easy** (8-11 mph) pace. Meet at the **park and ride** behind the bank in **Leon Springs** at 1-10 and Boerne Stage Road. We will eat at Rudy's and have a special cake after the ride. Jackie Jeys will lead the ride.; phone 210-675-0538; email vjeys@satx.rr.com

Saturday, January 11th, Taft Ride . Meet at **9:00 a.m.** for a **27** mile group ride at an **Easy** (8-11) pace. Meet in the parking lot of **Taft High School**. Taft High School is located on FM 471 about one mile west of Loop 1604. Lunch spot to be determined after the ride. Debbie Arriaga will lead the ride; email tamale2sa@yahoo.com

Sunday, January 12th, Helotes Ride . Meet at **2:00 pm** for a **26** mile group ride at a **Moderate** (12 - 14 mph) pace. Meet across from the **Helotes Bike Shop on Old Bandera Rd in Helotes**. This will be a flat ride to hilly ride. Join us at **Grady's Bar B Q** for our January meeting after the ride. **Chris Marsh** will lead the ride, phone **210- 681-5768**, email cmarsh@texas.net.

Saturday, January 18th, San Jose Mission Ride . Meet at **9:00 am.** for a 27 mile group ride at a Moderate (12 - 14 mph) pace. Meet at **San Jose Mission** and park in the back. This is a mostly flat ride with some moderate hills. Lunch at the Taqueria Jalisco after the ride. There will also be a shorter beginner's group. **Sandy Barsun** will lead the ride, phone 210 635-8777, email barsun@aol.com.

Sunday, January 19th, Castroville to Lytle . Meet at **9:00 a.m.** for a 30 mile group ride at an **Easy** (8 - 11 mph) pace. Ride starts from the **carpool parking lot across from Sammy's in Castroville**. Take Hwy 90 West from loop 410 to Castroville. This is a mostly flat ride of about 30 miles. Lunch location will be decided the day of the ride. **Vern Jeys** will lead the ride, phone **210-675-0538** , email vjeys@satx.rr.com.

Saturday, January 25th, Loop 1604 and Pearsall Road Ride . Meet at **9:00 a.m.** for a **30** mile group ride at a **Moderate** (12 - 14 mph) pace. Meet at Loop 1604 and Pearsall Road at the **BBQ patio**. Take HWY 90 west (towards Castroville) to Loop 1604. Take a left on loop 1604 to Pearsall Rd. Left on Pearsall Rd. to the BBQ patio restaurant. Please park across the road in the empty lot. Lunch at the BBQ patio after the ride. **Heidi Lynn** will lead the ride, phone **210-682-8107** , email flynn@satx.rr.com.

Sunday, January 26th, Northeast Side Ride . Meet at **9:00 a.m.** for a **30** mile group ride at an Easy (8 - 11 mph) pace. Meet at **FM 3009 & I-35 in the northwest corner of the HEB parking lot**. To get

there from San Antonio take I-35 north towards New Braunfels. Exit on FM 3009. **Elizabeth Rappold** will lead the ride, phone **210- 554-5311**, email rappoldme@hotmail.com.

Saturday, February 1st, Castroville to Lytle. Meet at **9:00 a.m.** for a **30** mile group ride at a Moderate (12 - 14 mph) pace. Ride starts from the **carpool parking lot across from Sammy's in Castroville**. Take Hwy 90 West from loop 410 to Castroville. This is a **mostly flat ride of about 29 miles**. Lunch location will be decided the day of the ride. Mac McCormick will lead the ride, phone 210-614-5514 , email eemac2@earthlink.net.

Sunday, February 2nd, Leon Springs Cake Ride. Meet at **9:00 a.m.** for a **30** mile group ride at an Easy (8 - 11 mph) pace. Meet at the **park and ride behind the bank in Leon Springs at I-10 and Boerne Stage Road**. We will eat at Rudy's and have a special cake after the ride. **Jackie Jeys** will lead the ride, phone **210-675-0538** , email vjeys@satx.rr.com.

Saturday, February 8th, Goliad Ride. Meet at **9:00 a.m.** for a **50** mile group ride at a **Moderate** (12 - 14 mph) pace. Meet in the **town square in Goliad**. Goliad is about 100 miles southeast of San Antonio. Camp out with us on Saturday night at Goliad St Park. Hotels in Goliad also available. **Chris Marsh** will lead the ride, phone **210- 681-5768**, email cmarsh@texas.net.

Sunday, February 9th, Goliad Ride. Meet at **9:00 a.m.** for a 30 mile group ride at a **Moderate** (12 - 14 mph) pace. Meet in the **town square in Goliad**. Goliad is about 100 miles southeast of San Antonio. **Chris Marsh** will lead the ride, phone **210- 681-5768**, email cmarsh@texas.net.

Saturday, February 15th, San Jose Mission Ride. Meet at **9:00 a.m.** for a **27** mile group ride at a Moderate (12 - 14 mph) pace. Meet at San Jose Mission and park in the back. This is a **mostly flat ride with some moderate hills**. Lunch at the Taqueria Jalisco after the ride. There will also be a shorter beginner's group. **Sandy Barsun** will lead the ride, phone **210- 635-8777**, email barsun@aol.com.

Sunday, February 16th, Cibolo Ride. Meet at **9:00 a.m.** for a **30** mile group ride at an **Easy** (8 - 11 mph) pace. Meet in **Cibolo at Harmon's Bar B Q**. To get to Harmons Bar B Q in Cibolo take FM 78 east of Loop 1604. Go .6 mile past Niemetz park to Main Street in Cibolo and turn left. Harmons Bar B Q is a few blocks on the right. Park in the back. Vern Jeys will lead the ride, phone **210-675-0538** , email vjeys@satx.rr.com.

Saturday, February 22nd, O. P. Schnabel Ride. Meet at **9:00 a.m.** for a 25 mile group ride at an **Easy** (8 - 11 mph) pace. Meet at **O. P. Schnabel park off Bandera Rd**. From the entrance to the park go to the first turn & turn left and park in the 2nd lot on the right. **Isabel Mendoza** will lead the ride, phone **210 -521-3520**, email isabel_rodriguez@pass-semour.net.

Sunday, February 23rd, River Road Ride. Meet at **9:00 a.m.** for a **30** mile group ride at a **Moderate** (12 - 14 mph) pace. Meet in **Gruene across from Gruene Hall** for a ride down River Road to the Canyon Lake Dam. We will eat at the Grist Mill after the ride. **Chris & Jan Marsh** will lead the ride, phone **210- 681-5768**, email cmarsh@texas.net.

OPEN CALL FOR RIDE LEADERS

The Club always needs Ride Leaders: If you can lead a ride, please call Vern Jeys at **210-675-0538** or email vjeys@satx.rr.com



It's Monday-So It Must Be Hermann!

"Hermann where?" you ask. How about Hermann, Missouri. It was one of the overnight stops on the Hill Country Bicycle Club Tour of the Katy Trail. The Katy Trail is the 225 plus miles rails to trails located between St. Louis and Clinton, Missouri. Chris and Jan Marsh did an outstanding job in planning and executing the tour. I think each and every one of the 31 riders had a great time and enjoyed themselves immensely. I know my wife, Janet, and I did.

Below is a brief travel log of the ride in case you or your bike club is interested in riding the Katy Trail.

Day 1 – St. Charles to Washington, Missouri. Trail in very good condition with some light patches of loose gravel at road intersections. Stopped and ate lunch at the bar and grill located right next to the trail in Defiance, Missouri. The burgers were good and the beer was cold. Visited the Sugar Creek Winery via a steep gravelly hill, just south of Matson, Missouri. Sampled a few wines, and bought a bottle to share with four other riders. Sat at a white patio table situated beneath an enormous tree, overlooking fields of grape vines, which gave way to views of a green farming valley. Sugar Creek served sandwiches as well, but we'd just gorged ourselves on burgers and beer at the prior stop. Stopped near Augusta, Missouri, for a pitcher of beer at the local microbrewery. The huge, salty pretzel also tasted good with the beer – the burger was now a vague memory. Wildlife the first day was scarce except for accounts of some bike riders (just how much beer and wine did they have?) The ride across the bridge to Washington, Missouri, was a thrilling experience, but not recommended for those faint of heart, and not a fun place for your back tire to go flat! A great way to end our first day. Total distance from St. Charles to the motel in Washington approximately 38 miles.

Day 2 – Washington to Hermann, Missouri. Started early to enjoy the morning cool, hoping to see more wildlife as result of the early start. Today yielded lots of wildlife and colorful birds.

Notable animals were groundhogs and muskrats, plus the world's largest tadpoles swimming happily in a creek that ran down to the Missouri River. Surely these must have been the infants of winners of some frog-jumping contests somewhere in Missouri! Other "critter sightings": beaver, deer, Indigo buntings, red wing blackbirds, and several, unidentified brilliant yellow and black colored birds. (Over beers that evening, we found that some of those "deer sightings" was actually a deer decoy positioned near the trail!) Stopped in Peers, Missouri, to purchase a soft drink and a snack. Fearless baby kittens let us hold and pet them on the front step of the store. Just west of Treloar, Missouri -- Holy Smoke -- a tree blocks our way! An enormous tree had fallen down the side of the limestone cliff, totally blocking the trail. Riders were able to climb over or portage their bikes around the downed tree. Incident provided a welcome break and super photo opportunity. Hot and tired, but finally made it to Hermann, Missouri. Stone Hill Winery -- a picturesque establishment, restored in recent years, featuring fine dining in a barn converted to a restaurant; a great place for lunch or dinner. Stone Hill is famous for its wine storage cellars, which are located in limestone caves that are dug horizontally into the limestone hill. The caves took German settlers 22 years to dig -- by hand! The hill to the winery is a killer after a long day, but well worth the climb (OK, so some of us walked it!). Celebrated our travel through the wine country with a wine-tasting party that night at the hotel featuring local wines. Logged approximately 46 miles from Washington to the motel in Hermann, Missouri.

Day 3 – Hermann to Jefferson City, Missouri. Longest portion of the tour --distance traveled was approximately 54 miles. Stopped in Portland, Missouri, for a soft drink and snack (God bless whoever invented the Snickers bar!). Great photo ops all along the way: old buildings in Bluffton and Mokane, buildings marked "Bank" no bigger than a shoe-box, turtles with spotted red heads who posed for us, and black snakes in a variety of lengths (Oops! Didn't see that one in time, but he's still moving). Railroad bridges by the score all along the Katy Trail. One of the bridge photos is bound to be ideal for our Christmas card this year. Jefferson City, the Capitol of Missouri -- what a welcome sight was that capitol building across the river! Twin bridges into Jefferson City were not necessarily bike friendly and way too much traffic. Sag wagon saved our lives and ferried most of us across and to the hotel. A few brave (?) souls rode bikes across.

Day 4 – Jefferson City to Booneville. Forgot to jot down the total mileage between the two towns, but think it was around 41 miles. Rode the sag wagon from the hotel back to the trailhead just outside Jefferson City. A couple of early morning ground hogs allowed time for photos before shuffling away into the brush. Tall limestone bluffs are striking. Finally! Evidence of Lewis and Clark's passage: a sign designating a campsite -- June 6, 1804, and the Lewis and Clark Bat Cave a little farther down the trail. No admittance into cave -- it is home to endangered bat species. Ate lunch at a trailside restaurant in Rocheport, Missouri. Food was good, drinks cold, and proprietors "biker friendly". Short but impressive railroad tunnel located on the trail just west of Rocheport. Vines climbing the tunnel teeming with tree frogs! Continue to be awed by the foliage along the Trail -- wood roses, trumpet vines, violets, to mention a few. Bridge across the mighty Missouri River that leads into Booneville has a separate walk and bike path across it, so we rode into Booneville. Trailhead in Booneville "disappeared" as a result of road construction, so stopped at the Booneville Chamber of Commerce located in the old trail depot, to get directions. Trailhead found, were able to ride the Katy Trail to within one-half mile of the motel where we were staying for the night. Other riders, not so fortunate, rode the long hills thru downtown Booneville to the motel reporting that the hills in town were "killers". Sighted a gambling casino on the way to the motel -- "Come on, honey, we'll have a lot of fun!"

Day 5 – Booneville to Sedalia. Not a lot to see along this section of the Trail. Although flat, Trail now begins a slow grade incline that is evidenced by the fact that peddling harder does not

make you go any faster! Hot today, and store at Pilots Grove offers cold refreshments. Unusual sight: an old refrigerator on the steps of an abandoned building in Pilots Grove with a hand-lettered sign on the door that says: "Honor Pay". Frig held cold drinks and candy bars for 50 cents, bottled water at no charge (!) and chips for 35 cents. Just drop payment in the Honor Pay jar inside the old refrigerator. Heart-warming to know that there is a part of the country that believes that folks are basically good and trust-worthy. The Trail ends just outside the city limits of Sedalia, so riders must ride a well-marked paved street route to find the continuation of the trail that begins at the old Katy Trail Depot near downtown Sedalia. Depot is lovely. Evident that great pains are being taken to restore structure to its original condition. Depot houses the Sedalia Chamber of Commerce and a gift shop. Aha! A Katy Trail travel pin for my ball cap! One really important feature of the depot: bathrooms! Fabulous dinner at the Del Amici' restaurant in the historic Hotel Bothwell, which is located in downtown Sedalia. Lots of old buildings with different architectural styles in Sedalia. Took a ride down through the State Fair grounds to have a look-see. Sedalia is reported to be the home of Rag Time music; it is the place where Scott Joplin got his start. Logged 36 miles on this leg of the trail.

Day 6 – Sedalia to Clinton. Slept in and didn't ride to Clinton, instead enjoyed a "down day". Some riders hired a shuttle van from a local bike shop to take them to Clinton, Missouri, then rode from Clinton back to Sedalia, a distance of approximately 36 miles. The tour group celebrated the "end of the trail" with a dinner. Donning our orange Katy Trail t-shirts, we ate, drank and took pictures. A good time was had by all.

Day 7 – Washington to St. Charles. Rode Amtrak from Sedalia back to Washington, Missouri. A great train riding experience. Welded rails ride much smoother and less noisy than those trains ridden in my youth. Train left on "Amtrak Time", only one and one half hours late. Upon arrival, tour members were shuttled to their bikes waiting at the Washington trailhead. Final leg of the ride was 31 miles back to Noah's Ark motel in St. Charles, Missouri. Initially worried about beginning ride in heat of mid-day, however, hazy skies and favorable temperatures dissolved this concern. Stopped once again at the microbrewery on the return ride for a soft drink (no dehydrating beer this time) and a pretzel. The Katy Trail ride was an opportunity to "ride the rails" back through country that time seems to have forgotten, to enjoy the beauty of God's creation, meet some new people and make new friends. Alas, all good things must come to an end.

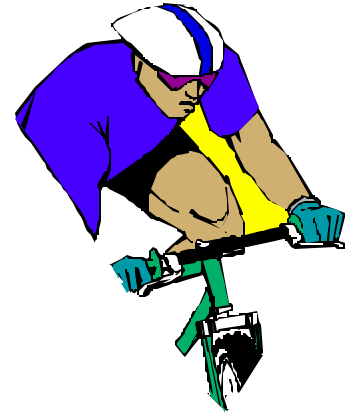
Footnotes:

There is a bike shop in one of the small towns along the trail, but I forgot to note the name of the town. I believe we visited the bike shop on the second day of the ride. Bike shop name is Hartsburg Cycle Depot, but there is no town named Hartsburg so must be the name of the owners. The bike shop has snacks and soft drinks. There is a new bike shop in Sedalia, near the renovated Katy Trail Depot. Inquire at the Chamber of Commerce for the location. You can actually see the shop from the Depot. Janet and I rode mountain bikes with 1.5-inch diameter road type tires on the trail. They were perfect and made pedaling a lot easier than knobby tires. Others rode road bikes with larger diameter tires without any major problems. Some road bike riders did mention minor problems when attempting to ride across trail repair areas where deep, loose sand and finely crushed gravel were present. Keep that in mind when determining what type of bike you might want to ride on the trail. Personally, I think road bikes are fine for the trail, but a mountain bike with wider tires is safer in my estimation.

By Jim Matthews
jjmtnbkr@att.net

Riding for Weight Loss

As the new year begins, we usually set new year resolutions. If you are anything like me, you have enjoyed plenty of pie, cookies, turkey, and chocolate over the holiday. If your plan is to lose weight, here are some steps for you to follow. Distance cycling definitely will help you trim down. Distance riding at lower intensities will speed up your metabolism and aid with fat-burning. Also ride one hour or more 3-4 times a week, do an interval session at a higher intensity once a week and complete a 2 hour or longer weekend ride.



Break your goal weight loss goal into at least a 3 month program.

Month 1- Low Intensity

Ride at 60-70% of max heart rate. At this rate, you should be able to comfortably talk while cycling. Ride should be 30 minutes to two hours.

Month 2- Moderate Intensity

Rides should be 1 to 2 hours in duration. Vary terrain with one hilly ride, rolling hills and flats. Maintain a steady pace throughout the ride.

Month 3- Short, High Intensity Efforts

Begin with 4-5 repetitions and increase to 7-8 by week 4; 30-60 second intervals at maximum effort. Allow time to recover fully between efforts.

Following this plan consistently will get you on your way to a leaner you. Good luck!

Phyllis Terry

Footnote: This plan was recommended from the June 2002 Bicycling Magazine "Summer Training Guide".

The following Bicycle Shops offer members of the HCBTC a 10% discount:

Bike World- 5911 Broadway; 828-5588, and 7148 Blanco (at Lockhill-Selma); 344-2303

Britton's Cycles; 4230 Thousand Oaks; 656-1655 and 802 E. Blanco Rd. Boerne 830-656-1655

Pit Stop Bike Shop; 6501 Bandera Rd. 521-2453

Ride Away Bicycles; 8830 Huebner Rd. 696-9925, and 8509 Culebra Rd. 520-4789.

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